

2017-2018 WINTER WOMEN'S 'A' VOLLEYBALL SCHEDULE

Thursday's at Sugaw Creek Recreation Center
943 WEST SUGAR CREEK ROAD, CHARLOTTE, NC 28213

Revised

<u>DATE</u>	<u>TIME</u>	<u>HOME</u>	<u>VS</u>	<u>AWAY</u>
11/16/2017	7:30p	STRAIGHT OUTTA SMITH	VS	SET IT UP
	8:15P	SET TO KILL	VS	LADY GRIND
12/7/2017	7:30p	LADY GRIND	VS	SET IT UP
	8:15P	SET TO KILL	VS	STRAIGHT OUTTA SMITH
12/28/2017	7:30p	STRAIGHT OUTTA SMITH	VS	LADY GRIND
	8:15P	SET IT UP	VS	SET TO KILL
1/4/2017	7:30p	LADY GRIND	VS	SET TO KILL
	8:15P	SET IT UP	VS	STRAIGHT OUTTA SMITH
1/11/2018	7:30p	STRAIGHT OUTTA SMITH	VS	SET TO KILL
	8:15P	SET IT UP	VS	LADY GRIND
1/18/2018	7:30p	SET TO KILL	VS	SET IT UP
	8:15P	LADY GRIND	VS	STRAIGHT OUTTA SMITH
1/25/2018	7:30p	STRAIGHT OUTTA SMITH	VS	SET IT UP
	8:15P	SET TO KILL	VS	LADY GRIND



RAY's Sports & Fitness Focus

Before Game Time!!

Eat 2-4 hours before your game begins and drink 16-20 full ounces of water.

Meal prep: 60% Carbohydrate, 20% Protein, 20% Fat

Carbohydrates give you energy, **Protein** repair muscle, and **Fat** is stored

energy.